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My Journey to Better Health

健康的旅程

I have been suffering from migraines for the past 10 years with the pain becoming more intense in the last 5. I consulted Chinese physicians every week and the treatments made my shoulders, back and neck turn blue-black. It was really a torture and expensive too! The medication and treatments cost me about RM400 every month.

Whenever my migraine worsened, to the point that it sometimes caused me nausea, my husband would take me to Sibu for acupuncture. I feel better after each session but it was very tiring and time-consuming to travel back and forth.

I was often moody from lack of sleep and I also had to give up cold beverages, pineapple and coconut juices. I started to binge on food to relieve my pain, which made losing weight a constant battle. In my frustration, I always pray for complete healing.

In June 2010, my friend introduced me to NewLife™. Two months later, I started the 7-day DRP and on the fourth evening, I had the liver and gall bladder detox. The result was remarkable and I passed 200 soft yellow and green stones and 11 hard white stones. A 3-foot stubborn stool was passed too.

That really amazed me because I have always been careful with my diet. I usually eat a lot of fibre, vegetables, fruits and I avoid meat, oily, canned and preserved foods. I extended the DRP to 21 days and from August until December 2010, I lost about 8kgs! I was very happy because this weight was shed so easily.

My complexion has also improved and people have commented how different I look. I shared my DRP experience with everyone around me and some of them even started to order NewLife™ products through me. My body weight has remained constant and my skin looks vibrant and healthy. Now people think that I am in my thirties since I look so much younger than my actual age.

过去10年，我一直在承受偏头痛的痛苦，而最近5年更为严重。我每周都会咨询中药医师，那些治疗使我的肩膀，背部和颈部变得蓝黑色。这真是一种折磨，也非常昂贵！每个月需花费大约400令吉以支付药物和治疗费用。

每当我的偏头痛恶化，便会让我觉得恶心，我的丈夫都会带我去诗巫做针灸治疗。每次针灸后，我会觉得好多了，但这使我非常疲惫，也很耗时。

我经常因睡眠不足而喜怒无常，我也不得不放弃冷冻饮料，黄梨和椰子果汁。我开始暴饮暴食以减轻我的痛苦，这使减肥成为一场持久战。当我沮丧时，我总是祈祷能有彻底痊愈的方法。

2010年6月，朋友让我认识了新生命。两个月后，我开始了为期7天的排毒及恢复活力程序并在第四天晚上，我进行了肝和胆的排毒。其结果真是了不起，我排出了200颗浅黄色和绿色的胆石和11个白色且硬的石块。也排出了3英尺顽固的宿便。

这真的让我感到惊讶，因为我的饮食习惯都很严格。我常吃很多纤维，蔬菜，水果，不吃肉，油，罐头和腌制食品。从2010年8月至12月，我进行了延长至21天的排毒及恢复活力程序，我减去了大约8公斤！我很高兴，因为这个重量是那么容易除去。

我的肤色也有所改善，朋友们也称赞我与以往看起来大有不同。我时常与我身边的朋友分享我的排毒及恢复活力程序经验，其中一些人甚至开始通过我订购新生命产品。我的体重一直保持不变的，我的皮肤看起来充满活力和健康。现在，人们认为我只有三十岁，因为我看起来比我的实际年龄年轻多了！